

Testing for COVID-19 Infection

K-12 Quick Reference

Viral tests for COVID-19 (PCR or rapid antigen) are taken to find out if you are currently infected with the virus that causes COVID-19.

COVID-19 tests are one of several risk-reduction measures which along with vaccination, masking and physical distancing protect you and others by reducing the chances of spreading COVID-19.

Who needs to get tested?

- Anyone with symptoms of COVID-19
- People who have been identified as a close contact of someone who has tested positive for COVID-19 (See key for guidance for unvaccinated and fully vaccinated people)
- People who are not fully vaccinated who have been asked to test by their school, workplace, healthcare provider or health department
- Any traveler who is required to test before and/or after travel

Who doesn't need to get tested?

- People who have tested positive for COVID-19 within the past 3 months and have recovered, as long as they do not develop new symptoms
- People who are symptom free unless they meet criteria to test

If your COVID-19 test is POSITIVE

- Isolate at home and away from others for at least 10 days (see attachment for more details)
- Notify your close contacts they may have been exposed to the virus that causes COVID-19.
- Contact your healthcare provider if your symptoms get worse or if you have chronic health conditions that might make you very sick

If your COVID-19 test is NEGATIVE but you have symptoms of COVID-19

- You may have received a false negative test and might still have COVID-19
- You should isolate from others and
 - Contact your healthcare provider about your symptoms, especially if they worsen
 - No matter what, do not return to school or work until your symptoms have resolved and you are fever free for at least 24 hours without fever reducing medication
 - Consider repeating your test, especially if your symptoms continue or if you took a home test.
 - Continue to wear a mask for a full 14 days after your symptoms began to protect others

Close Contacts

If you do not have symptoms of COVID-19, but are a close contact to a person diagnosed with COVID-19

Fully vaccinated

- No quarantine needed
- Monitor for symptoms for full 14 days
- Get a COVID test on day 5, 6 or 7
- Wear a mask for full 14 days

If you do not have symptoms of COVID-19 and you are considered a close contact, you do not need to quarantine

Not fully vaccinated

- Quarantine at home and monitor for symptoms for 14 days following your exposure
- Lesser quarantine options may be available, check with your local officials
- Test
- If symptoms develop throughout the 14 day quarantine, isolate and obtain another COVID-19 test